**Woman – 38 years old – Banker**

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📍**Summary of Detected Issues**

• Chronic hypervigilance: entrenched in a constant state of professional tension, with marked somatic effects (digestive disorders, eating blocks).

• Generalized anxiety disorder: constant sense of being “on edge,” persistent mental rumination, loss of pleasure and appetite.

• Restrictive and anxiety-driven eating disorder (ED): food blockage before meals, fear of eating, loss of physiological hunger, shame during social meals.

• Toxic work environment: feelings of being manipulated, betrayed, devalued; loss of trust in management; constant psychological struggle.

• Feelings of illegitimacy, blockage, and helplessness: “I don’t belong there,” yet a sense of being trapped in a context where the body is already on high alert.

• Loss of self-confidence, gradual disengagement: difficulty setting boundaries, guilt over not “doing things right,” internal resistance.

• Emotional and physical exhaustion: awareness of a possible physical breakdown if the situation doesn’t change soon.

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📊 **Dominant Emotions**

• Intense anxiety

• Disgust (toward self, others, food)

• Shame (in social eating contexts)

• Frustration and helplessness

• Repressed anger

• Sadness from no longer feeling pleasure

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🧠 **Limiting Beliefs and Underlying Cognitive Patterns**

• “If I don’t anticipate everything, I lose control.”

• “I have to hold on, even if it destroys me.”

• “It’s not up to me to fall apart.”

• “I’m a burden when I express my needs.”

• “If I show my weaknesses, I lose legitimacy.”

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🧩 **Triggers & Psychological Mechanisms**

**Identified anxiety cycle:**

1. Anticipating work → hypervigilance

2. Loss of appetite → physical digestive tension

3. Intrusive thoughts: “I won’t make it / I’ll freeze again”

4. Attempt at control (fragmented eating, body scanning)

5. Self-blame: “I’m annoying / complicated”

6. Stress reinforcement → eating disorder

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🌀 **Immersive Scenario**

As if every morning, you put on armor before even getting out of bed. Armor against stress, against that colleague, against the entire environment… But over time, this armor keeps you from breathing too. And in this shell, even the desire to eat disappears. Your stomach closes up, your thoughts spiral, and your whole body whispers: “You don’t belong here.”

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🛠️ **Proposed Solutions**

**Immediate (soothing / reassurance effects)**

• Guided breathing before each meal (3 minutes of cardiac coherence → parasympathetic grounding)

• “Food permission” exercise: telling yourself, “It’s okay if I don’t finish everything. What matters is feeling at peace with myself.”

• One-minute grounding: visualize a safe place, a comforting moment before each meal to associate safety with eating.

**Intermediate (progressive restructuring)**

• Food experience journal: noting emotions and sensations before / during / after meals → helps detach food from anxiety.

• Compassionate self-dialogue: transform “I’m annoying” into “I’m in an inner struggle, doing my best to protect myself.”

• Work on fear of losing control: through micro-exposure to unpredictability (e.g., not knowing what’s for lunch once a week).

**Long-term solutions**

• Targeted hypnosis on toxic vigilance and inner insecurity.

• Immersive meditation: “Rediscovering the joy of eating in safety.”

• Symbolic work on professional change: visualization of a door opening toward a space where one can breathe, be respected, and find peace.

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🎧 **Recommended Hypnosis/Meditation Session**

**Title:** “Freeing the Body from Hypervigilance, Soothing the Stomach from Anxiety”

**Goal:** Reduce autonomic nervous system activation before meals, reconnect the body with the pleasure of eating in safety.

**Format:**

• Ultra-guided mode, gentle and reassuring tone

• Duration: 20–25 minutes

• Sound environment: Calm nature (rustling leaves, stream)

• Sensory anchor: hands placed on the stomach during induction

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📈 **Progress Tracking & Indicators**

• Daily self-assessment (anxiety level before meals: scale 0–10)

• Food pleasure indicator: once a day, note one pleasant thing about eating (even a small detail)

• Weekly evolution of the feeling of blockage vs. freedom at work

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⛓️ **Resistance & Adjustments**

• Presence of an internal resistance pattern: the patient says she wants change but feels stuck.

→ Gentle approach, step by step

→ Emphasize micro-progress to strengthen the therapeutic alliance

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✨ **Final Motivational Phrase**

“You are not difficult. You are a brave woman adapting to a situation that is hurting you. Every small bite you accept, every breath you take, is already a victory against the system that oppresses you. You have the right to reclaim peace—one meal at a time.”